**SPORT AND RECREATION TRAIL**

**RECOMMENDED PHYSICAL ACTIVITY**

* The National Physical Activity Guidelines for adults in Australia recommend at least 30 minutes of moderate-intensity physical activity (including brisk walking) on most days of the week, with each session lasting at least 10 minutes.
* This is generally interpreted as 30 minutes on at least five days of the week, a total of at least 150 minutes of moderate activity per week.
* The guidelines for children and adolescents recommend at least 60 minutes of moderate to vigorous physical activity every day (AIHW 2006).

**EVIDENCE FROM THE 2004-05 NATIONAL HEALTH SURVEY (NHS)**

* The NHS measures current levels of physical activity by asking respondents to report on all exercise for sport, recreation or fitness undertaken in the two weeks prior to the survey interview.
* From the information reported about the intensity, frequency and duration of recent exercise, people were classified with an exercise level of sedentary, low, moderate or high.

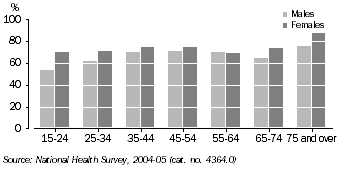
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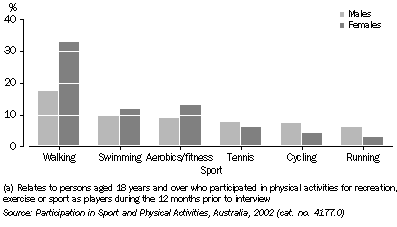
**RESULTS**

**LEVEL OF EXERCISE**

**TYPES OF EXERCISE**

* 30% of those aged 15 years and over reported exercising at moderate or high levels
  + Of these, 78% were classified as having a moderate exercise level and;
  + 22% were classified as having a high exercise level
* 70% of Australians aged 15 years and over were classified as sedentary or having low exercise levels
  + Of these, 48% recorded no or very little exercise in the previous two weeks (sedentary exercise level) and;
  + 52% recorded a low level of exercise.

  
**Chart 1: Sedentary or low exercise levels, 2004-05**

**Chart 2: Adult participation in sports and physical recreation activities (a), 2002**  


* 64% of children aged 5-14 years participated in sport, outside of school hours
* The most popular sports participated in by children were swimming 17% and outdoor soccer (13%) (ABS 2006c).

**Questions:**

1. What age group has reported the largest proportion of sedentary or low exercise levels?
2. Which sex is more likely to be sedentary or exercise at low levels according to the results?
3. What are the three most popular forms of exercise for men? And women?
4. How many minutes of exercise have you done in the last two weeks? How does this compare to the recommended guidelines for adults? And for children?
5. What is the average number of minutes of exercise for our class?

**SPORT AND RECREATION TRAIL - ROCKCLIMBING**

Itinerary:

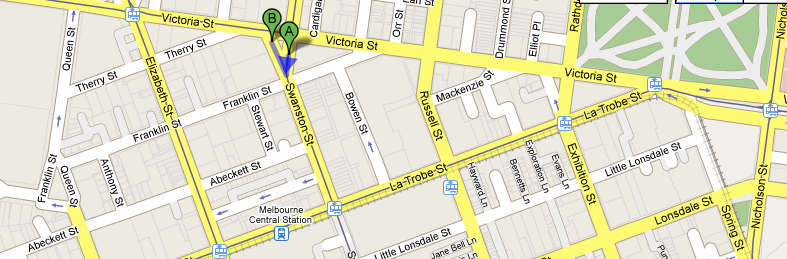
Session 3: Pre Trail Preparation

* + Classroom
  + Walk into City

Session 4: Students complete Trail Questions in the City

Lunch

12.50pm: Meet outside Hardrock Climbing Centre



1. Melbourne City Baths (420 Swanston Street, Melbourne)
2. Hardrock Climbing (501 Swanston Street, Melbourne)

Task 1: Research at the *Melbourne City Baths*  
  
In what year were the *Melbourne* *City Baths* first opened? What circumstance led to the opening of the baths?

On 23 March 1904, the Lord Mayor, Councillor Sir Malcolm D McEacharn, officially opened the new Melbourne City Baths. What facilities were included in the redesign?

What facilities are currently available to Melbournians at the *City Baths*?

What do the changes in the baths suggest about the sport and recreation needs of the people living in Melbourne over the last 140 years?In what ways have these changed over time?

Task 2: Survey  
  
Ask 5 people

1. How many minutes of exercise have you done in the last 2 weeks?
2. What types of exercise do you do?

Person #1:  
Q1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person #2:  
Q1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person #3:  
Q1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person #4:  
Q1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person #5:  
Q1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_